

SIX LESSONS FOR A HAPPIER LIFE

Ode asked Christophe André to provide readers with this spontaneous list of six key lessons for being happy.

- 1 Accept that there will be unpleasant things in life. All the time, every day, you'll face hindrances: You'll be too late or make a mistake or say something stupid. It's the rent you pay to live in the house of life. It's part of life. There's no point in being disappointed when things don't go your way.
- 2 Open your eyes and look around. There are more opportunities for happiness than you think, certainly for a Westerner in 2008. Embrace the moments. Try to remember them. Enjoy them.
- 3 Take time out. The ability to pause, mentally as well as in your actions, is important. Taking breaks is a prerequisite for experiencing happiness.
- 4 Pay attention to your family and friends. Social ties are important for happiness. Don't let a day go by without thinking of, or seeing, someone you love.
- 5 Try to get in touch with nature every day. Take a walk in the park and spend a few minutes looking at nature.
- 6 Express your gratitude and respect for the good things you experience. Being thankful makes you happy and increases the chance of social connection.